

The flu is here in Carroll County. The Carroll County Health Department recommends these steps to fight flu:

1

Get a flu vaccine.

- There is still time to get the flu shot or Flu Mist.
- Flu vaccine finder and more info: www.flu.gov

2

Stop the spread of germs.

- Wash your hands often.
- Avoid close contact with sick people.
- Stay home if you are sick – protect others.
- www.cdc.gov/flu/takingcare.htm

3

Take flu antiviral drugs IF your doctor prescribes them.

- Most people with the flu have mild illness and do not need medical care or antivirals.
- Common flu symptoms are fever, aches, cough, and tiredness; children may have diarrhea or vomiting.
- People with the flu need fluids and rest. www.flu.gov/symptoms-treatment/treatment/index.html
- If you are in a high-risk group and develop flu symptoms, call your doctor. High-risk groups include seniors, children, people with chronic illness, and pregnant women.
- Your doctor will decide if you need a flu test or antivirals. Antivirals work better the sooner they are started.
- You may have to call more than one pharmacy to find antivirals.
- Only go to the Emergency Room if you have very serious symptoms, such as trouble breathing, dizziness and confusion, chest pain, or severe vomiting.

